



Parks and Recreation

# November 2017 Group Fitness Schedule

*The class schedule is subject to change and the web calendar may not reflect these changes.  
Please see the Front Desk at the James City County Recreation Center  
and Abram Frink Jr. Community Center for the latest class offerings.  
For a complete description of fitness classes offered throughout the year, see Class Descriptions.  
All classes are 50 minutes unless specified.*

**\*\* These classes are not included with wristbands and require a separate registration fee payable to James City County Treasurer.**

TIME & DATES	MONDAY (6, 13, 20 & 27)	TUESDAY (7, 14, 21 & 28)	WEDNESDAY (1, 8, 15, 22 & 29)	THURSDAY (2, 9, 16, 23 & 30)	FRIDAY (3, 10, 17 & 24)	SATURDAY (4, 11, 18 & 25)
6:30 a.m.		TRX Circuits Lora	InMotion/ Low Impact Laura	<b>REC CENTER CLOSED 11/23 for THANKSGIVING HOLIDAY</b>	InMotion/ Low Impact Laura	
7 a.m.	Turbo Kick Robert	<b>REC CENTER CLOSED 11/7 ELECTION DAY</b>			<b>Cycling</b> 45 min (7:15) Carrie	
8 a.m.	Low Impact Meg	Pilates with Props Gail	Vinyasa Yoga Asha	Good Morning! Yoga Pat	Core Fit (30 min) Meg	
9 a.m.						
9 a.m.	Cardio Kickboxing Emily	Barre Heather R.	Cardio Interval Carey	Zumba Felix	Cardio Hip Hop Emily	Zumba Lindsey
	<b>Cycling</b> 60 min/Carey	<b>Cycling</b> 45 min/Carey		<b>Cycling</b> 45 min/Jill		<b>Cycle60</b> Jill
10 a.m.	Gentle Yoga 45 min/ Julia	Kettlebell Fusion Gail (Gym)		Kettlebell Fusion Gail (Gym)	Gentle Yoga Julia	
	Stretch & Sculpt Carey	Strength Training Carey	Stretch & Sculpt Carey	Strength Training Felix		Fusion Fitness Jill
11 a.m.	SilverSneakers® Classic (11:30) Meg	<b>**Arthritis Foundation Class (11:15) Meg</b>	SilverSneakers® Cardio (11:30) Gail	<b>**Arthritis Foundation Class (11:15) Gail</b>	SilverSneakers® Cardio (11:30) Meg	Yoga for Hips & Abs Evi
12:15 p.m.	SilverSneakers® Circuit Meg	Pilates with Props Gail	SilverSneakers® Yoga Gail	SilverSneakers® Circuit Gail	SilverSneakers® Classic Gail <b>*No class 11/24</b>	
1 p.m.	SilverSneakers® Yoga Meg	SilverSneakers® Stability & Balance (1:15) Gail			SilverSneakers® Stability &Balance (1:15) Gail	
2 p.m.		Tai Chi Michael		Ageless Yoga Patti	Barre (2:15) Heather R.	

**(additional classes are listed on back side)**

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4 p.m.	Yin Yoga Patti		Yoga Breath, Back, Balance Evi		Restorative Yoga 60min/Asha
4:30 p.m.	Rowing/Spin Circuit Gail	Balanced Body Pilates Laura	Rowing/Spin Circuit Gail	Balanced Body Pilates Laura	<b>*SUNDAY*</b>  4 p.m. <b>Cycle60</b>
5 p.m.				KIDS YOGA! 4:30-5 p.m. (4-7yrs) 5-5:45 p.m. (8-12yrs) \$Fee - Contact Kristen 259-4176	
5:30 p.m.	Zumba Bess	Strength Training Nick  <b>Cardio Cycle</b> Carrie L. <i>New class!</i>		Total Body Cardio & Strength Bess <b>*No class 11/9</b>	
6 p.m.			Zumba Felix		
6:30 p.m.	Vinyasa Yoga Julia	Yoga Patti		Qi Gong Michael <i>New class!</i>	
7 p.m.	<b>Cycle &amp; Core</b> Tina		<b>Cycle &amp; Core</b> Tina		

**\*Previous Kettlebell experience required.**

**Cycling classes** - First time cycling please arrive 5 min before class for proper set-up.  
Row/Spin class cards will be available at the Front Desk 1 hr before each class,  
Maximum of 11 per class for spin, 6 per class for rowing.  
**TRX Suspension Training classes** – maximum of 8 per class.

**Recreation Center Phone # 757-259-4200**

For access to land and aquatic fitness classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk:

- **\$55; \$50** for JC/W residents - one month unlimited- **with no facility pass**
- **\$30** a month for unlimited classes – 1, 3, 6 or 12 month facility pass holder Excluding daily access passes
- **\$60; \$55** for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

### **Abram Frink Jr. Community Center Classes**

5:30 p.m.	SilverSneakers® Classic Mondays & Wednesdays Sonya	6:30 p.m.	Zumba (AFCC Wristband Required) Tuesdays Felecia
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**\*\*James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit [jamescitycountyva.gov/842/fitness-aerobics](http://jamescitycountyva.gov/842/fitness-aerobics).**